



## UPCOMING PROGRAMS FOR HEALTHY REWARDS POINTS



**Check DER/Healthy Rewards Website Periodically for Updates**

| PROGRAM NAME   | DATES/TIMES                                 | LOCATION  | HOW TO REGISTER  | NUMBER OF POINTS         |
|--|---|---|--|--------------------------|
| Ongoing:<br>In-Person Coaching   | Various<br>Dates/Times                      | Wellness Center,<br>Zeidler Muni Bldg<br>(Market Street)                      | Call (414) 777-3410 to<br>schedule appointment   | 10 points                |
| Ongoing:<br>Telephonic Coaching  | Various<br>Dates/Times                      | Done over the phone   | <a href="http://www.pickatime.com/healthyrewards">www.pickatime.com/healthyrewards</a>                       | 10 points                |
| Ongoing:<br>Nutrition Coaching   | 4th Tuesday of each<br>Month<br>8:30 – 1:00 | DPW<br>Headquarters<br>3850 N. 35 St.   | <a href="http://www.pickatime.com/healthyrewards">www.pickatime.com/healthyrewards</a>                       | 10 points                |
| Ongoing:<br>Nutrition Coaching   | 2nd Tuesday of each<br>Month<br>8:30 – 1:00 | Fire & Police Academy,<br>6680 N. Teutonia Ave                                | <a href="http://www.pickatime.com/healthyrewards">www.pickatime.com/healthyrewards</a>                       | 10 points                |
| EAP Lunch & Learn:<br>Reflective Listening                                     | Thursday, February 26<br>12:00 – 1:00 p.m.  | City Hall,<br>Room B-1  | Contact your Dept's Training<br>Information Coordinator<br><a href="#">Training Information Coordinators</a> | Attend 3<br>for 5 points |
| Nutrition Lunch & Learn:<br>Hidden Sugars                                      | Tuesday, March 10<br>12:00 – 12:30 p.m.     | City Hall,<br>Room B-1  | <i>No advance registration necessary</i>   | Attend 3<br>for 5 points |
| EAP Lunch & Learn:<br>Depression in the<br>Workplace                           | Thursday, March 12<br>12:00 – 1:00 p.m.     | City Hall,<br>Room B-1  | Contact your Dept's Training<br>Information Coordinator<br><a href="#">Training Information Coordinators</a> | Attend 3<br>for 5 points |
| EAP Lunch & Learn:<br>Stress Reduction:<br>Mindfulness,<br>Relaxation, Imagery | Thursday, March 26<br>12:00 – 1:00 p.m.     | City Hall,<br>Room B- 1   | Contact your Dept's Training<br>Information Coordinator<br><a href="#">Training Information Coordinators</a> | Attend 3<br>for 5 points |
| Nutrition Lunch &<br>Learn:<br>Portion Control                                 | Tuesday, April 7<br>12:00 – 12:30 p.m.      | City Hall,<br>Room B-1  | <i>No advance registration necessary</i>   | Attend 3<br>for 5 points |
| Nutrition Evening<br>Program:<br>Hidden Sugars                                 | Thursday, April 16<br>5:30 – 6:30 p.m.      | WAC Community<br>Conference Room 3<br>8700 W Watertown Plank<br>Rd, Wauwatosa | <i>No advance registration necessary</i>   | 5 points                 |
| Lunch & Learn<br>Information Session:<br>YMCA Diabetes<br>Prevention Program   | Wednesday, May 6<br>11:30 – 12:30           | City Hall,<br>Room 303  | <i>No advance registration necessary</i>   | Attend 3<br>for 5 points |

| PROGRAM NAME                               | DATES/TIMES  | LOCATION                                      | HOW TO REGISTER   | NUMBER OF POINTS         |
|--|--|---|---|--------------------------|
| Nutrition Lunch & Learn:<br>Going Organic  | Tuesday, May 12<br>12:00 – 12:30 p.m.                            | City Hall,<br>Room B-1                        | <i>No advance registration necessary</i>                    | Attend 3<br>for 5 points |
| Nutrition Evening<br>Program:<br>Topic TBD | Tuesday, May 12<br>5:30 – 6:30 p.m.                              | Washing Park Library,<br>2121 N. Sherman Blvd | <i>No advance registration necessary</i>                    | 5 points                 |
| YMCA Diabetes<br>Prevention Program        | Tues, May 26 – Sept 8<br>11:30 – 12:30<br><b>16-week program</b> | City Hall,<br>Room 303                        | Contact Ellie Duyser<br>414-357-2820<br>eduyser@ymcamke.org | 20 points                |
| Lunch & Learn<br>Program:<br>Topic TBD     | Tuesday, June 2<br>12:00 – 12:30 p.m.                            | City Hall,<br>Room B-1                        | <i>No advance registration necessary</i>                    | Attend 3<br>for 5 points |